

How many drops fill the earth?



#carbonfastforlent

PREPARATION

For Anglicans Lent is the time when we remember the 40 days that Jesus spent in the wilderness, facing challenge and temptation. It is a time when we reflect on God's purpose for our life. This year we challenge you to take a carbon fast - to reduce the actions which damage God's Creation. This year our special focus is water. Water is a gift. Water is life. As water crises increase, access to safe and clean drinking water decreases.

Find more details of each day's action, daily scripture and prayer here on www.greenanglicans.org or on [facebook/GreenAnglicans](https://www.facebook.com/GreenAnglicans) #justwater2017

FOOD

Sunday 5th March
"As the deer pants for the water, so my soul longs for you"
Psalm 42:1

6th March
MEAT FREE MONDAY. Eat less meat and by doing so reduce your carbon use less water.

7th March
SAY NO TO GMOs
Buy only organically grown food. Check the labels of what you eat.

8th March
AIM FOR ZERO WASTE!
Look at your food this week, what are you wasting?

9th March
BIG ON BEANS
Find a new delicious bean recipe and share it with a friend.

10th March
FISH FRIDAY:
Today, commit to having fish bought from sustainable stock.

11th March
CHURCH SNACKS
What is your feast after the holy feast?

ENERGY

Sunday 12th March
"To the thirsty I will give water without cost from the spring of the water of life"
Rev 21:6

13th March
DISCHARGE THE CHARGER.
Unplug the charger and all appliances such as the TV.
(Meat free Monday)

14th March
GIVE THE GEYSER A BREAK.
Put the geyser on a timer and buy it a blanket

15th March
PLAN YOUR CUISINE.
Plan your dinner and let the meat defrost on its own. Use a slow cooker.

16th March
HOW ABOUT A GREEN TRIP?
Cycle to work or use public transport

17th March
LOAD SHEDDING ON YOUR OWN TERMS. Have some family time free from electronic gadgets.
(Fish Friday)

18th March
GREEN YOUR KITCHEN
Find three new ways to save electricity in the kitchen

WATER

Sunday 19th March
"A river flowed out of Eden to water the garden, and from there it became four rivers."
Gen 2:10

20th March
GREY WATER
Re-use water for watering the garden. Save water from your shower or hand basin.
(Meat free Monday)

21st March
YES WE CAN!
Use a watering can rather than a sprinkler or a hose pipe.

22nd March
SHORTEN THE SHOWER
Reduce the length of your shower and put in water saving shower heads.
WORLD WATER DAY

23rd March
WASH WISELY
How do you load your machine and can you reuse rinse water?

24th March
FIX LEAKS at home & report public water leaks to the Municipality.
(Fish Friday)

25th March
AUDIT TIME
Perform a water audit at home or at church to see how much water you use and cut down.

WASTE

26th March
"Cast your bread upon the waters for you will find it after many days"
Ecc 11:1

27th March
WAR ON WASTE!
Peeling some veggies before cooking them makes them lose their vitamins.
(Meat free Monday)

28th March
SHARE MY WARDROBE.
Give away the clothes that do not fit or that you do not wear.

29th March
LOCAL IS LOVELY.
Find a local market and support.

30th March
BE A BAG BUDDY.
Take a cloth bag for groceries and clothes shopping - lose that plastic!

31st March
ADOPT A STREET.
Adopt part of your street and commit to weeding, and picking up litter this Lent.
(Fish Friday)

1st April
CLEAN UP DAY.
Get church members involved in a Clean up at the local taxi rank or shopping centre.

PLANTS

2nd April
"The burning sand will become a pool, the thirsty ground bubbling springs."
Isaiah 35:7

3rd April
IT'S THYME FOR HERBS.
Plant a herb crop or tree in your garden.
(Meat free Monday)

4th April
LET'S GARDEN OLD SCHOOL.
Stop using the inorganic manure, it may affect the soil in the long run

5th April
WIGGLE YOUR WORMS.
Dispose off peels at your garden.

6th April
THE DOCTOR IN YOUR GARDEN.
Plant a medicinal plant such as aloe

7th April
STOP THE INVASION How can you shrink your grass. Take up those invasive plants and replace with indigenous.
(Fish Friday)

8th April
THE NATURE OF GOD.
Let's bring nature into church and bring pot plants